

RSVP is excited to announce a *new* Healthy Living Program

Tai Chi for Seniors



The Tai Chi Workshop Series provides classes twice a week for eight weeks. It is a low-impact exercise program which enhances both mental and physical wellness. Medical studies have shown Tai Chi relieves pain and improves quality of life.

Specifically, this program includes flexibility exercises which:

- Reduces pain and stiffness leading to increased mobility.
- Helps improve muscular strength.
- Helps improve relaxation, balance, posture, and immunity.

This **FREE** class is a beginner series, but each session is a continuation of the prior class. In order to receive the maximum benefits, we request you attend the entire series. However, a minimum of 11 classes is required.

Location: Town of Huntington Senior Center

Day/Time: Tuesdays/1:45 pm and Fridays/9:45 am

Dates: Sept. 13th – Nov. 18th (schedule provided with registration)

Registration required: Senior Center Main Office

Funding for the workshops is provided by the Suffolk County Office for the Aging.